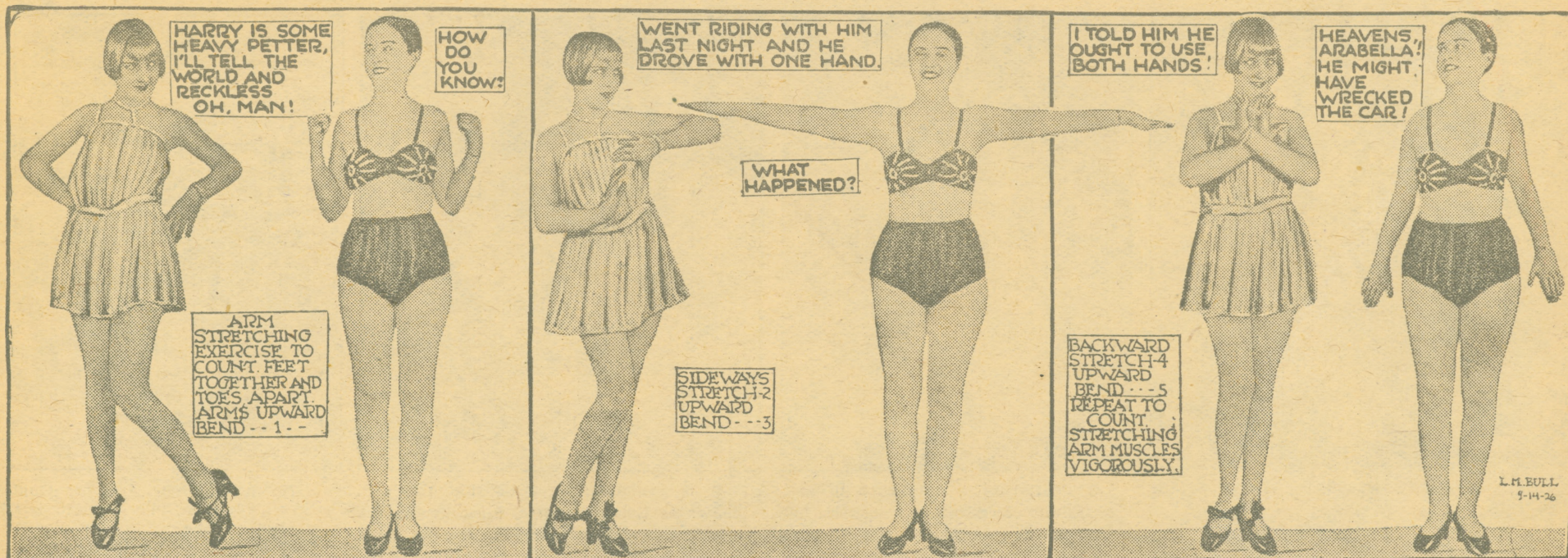


## ANTICS OF ARABELLA—

## She Didn't Mean That!

By L. M. Bull



POSED BY CLAIRE DOUGLAS OF GEORGE WHITE'S "SCANDALS" AND MYRTLE COUNCIL OF "ONE MAN'S WOMAN"

## Our Daily Physical Culture Page

Conducted by BERNARR MACFADDEN

The Only Page in America  
Devoted to Health and HappinessDaily Exercises Necessary  
To Keep Youth and Beauty

By LADY BEATRICE GREY

Outdoor sports give to the young woman grace and poise and help the older woman keep her grip on youth. Yet many women and girls whose working hours are from 8 until 5—and sometimes longer—find it quite impossible to indulge in outdoor sports with any regularity. These are the ones who should follow some definite form of exercise daily, if they would keep the natural attraction that is every woman's right.

Any girl who is really in earnest will find many ways of taking exercise without interfering with her work.

## Keep Head Up

**Stenographer:** Keep your chest high, your head well up; bend from the waist, not from the shoulders. Much of the fatigue that comes from office work is caused by sitting or standing in cramped positions.

**Lydia:** If you cannot take your "daily dozen" out of doors stand before an open window. Take these exercises regularly every day if you wish to make sure of good results. Do not omit them one day expecting to do "double time" the next.

## Have Rooms Ventilated

**Reba:** Stay out of doors as much as you can. Take long walks, breathing deeply; see that your living and sleeping rooms are well ventilated. Drink plenty of pure, fresh water. Try to remember to drink a glass of water every hour or two during the day.

**Carol:** A good grade of olive oil soap is said to be far superior to borax in shampooing the hair. The white of an egg and soap bark are also used frequently for this purpose and are recommended.

Questions concerning beauty building through physical culture will receive the personal attention of Lady Grey, beauty culturist and should be signed by the writer's full name and address, which will not be used without permission. Address her care of The GRAPHIC, 25 City Hall Place.

ANTI-VACCINE  
LEAGUE TO MEET

At 8 o'clock tonight, in Exhibit Room 3, mezzanine floor, Hotel Pennsylvania, Manhattan Chapter No. 1 of the International Anti-Vaccination League will hold its regular meeting. The league will be addressed by Dr. B. S. Claunch, noted psychologist, physician and lecturer, of San Francisco, on the subject "Bacteriology and Serology," and by Dr. Tunison of Brooklyn on "Concrete Cases of Harm From Vaccination." The meeting is free and the public is cordially invited. All members of the league are urged to be present.

## Living to Live

By

Herbert M. Shelton, D.P., D.N.T.

## CLEANLINESS VS. PLAGUES

Black death, English sweat, yellow fever, malaria, typhus fever, typhoid fever, smallpox, measles, scarlet fever, etc., have receded before advancing hygiene and sanitation. Most of these diseases were unknown in ancient Greece and Rome. It was not until the breakdown of Grecian and Roman civilization in the middle ages that they visited Europe, although they had raged for ages in parts of Asia and Africa. Parts of Asia and Africa still suffer with epidemics of bubonic plague (black death), typhus fever, cholera, etc., although they no longer bother the sanitary portions of Europe.

When national, state, county, municipal and personal cleanliness become universal and people learn how to live to conserve their energies instead of dissipating them in an endless orgy of excess, then will diseases of all kinds be banished and universal and uninterrupted good health hold sway. When people learn how to care for their body in a sensible manner, learn how to eat with rational regard for the needs of the body, when they put an end to the wholesale pollution of the blood of the race by medical men, when they give as much attention to the care of their bodies as they do to their collars and ties, then will they come into possession of the health God or Nature intended they should enjoy. When this time comes, the commercial exploiters of the sufferings of others will be forgotten and allowed to moulder unnoticed in the dust.

## EATING IN ANGER

Do not eat when you are angry or worried. Do not allow anything to distract you at mealtime. If anything comes up that seriously mars your ability to enjoy your food, it is far better to delay your meal.

Catskills Furnish  
Ideal Routes for  
Wandering Hiker

By JAMES H. HOCKING

The Day Line steamer to Kingston gives you the best way to enter the wonderful region of the Catskill Park, which includes 576,120 acres. Can you imagine a park containing 900 square miles? Well, let's go.

On the left the Ashokan reservoir can be seen, a mighty project, where the will of man has gained its objective without marring the grandeur of nature. A whole day can be spent here. Surrounded by high hills, this body of water forms a mirror of constantly changing blue. There always is a freshness to the air.

A tour of inspection should not be neglected. It is considered one of the world's masterpieces in engineering skill, and it took about ten years to complete it. After a look around, we continue westward through an area of mountainside and vividly green valleys. The road is winding in its course and rather narrow, and new views are constantly seen.

## Fine Brook for Trout

There is a brook which runs by the side of the road for miles, and in several places its wanderings are spanned by bridges built when the art of modern road-making was in its beginning. The stream is dear to every fisherman who has angled in the territory for trout, and, like myself, those who have slept by the banks declare its night song is a sure cure for insomnia.

Onward through Boiceville and Cold Brook. The latter is a most appropriate name. With the thermometer indicating 110 degrees in the sun, a glass of water from this brook is 40 degrees. The outside of the glass is covered with frost. Beechford—with a fine grove of beech trees—Phoenicia, straight on into Shandaken, lying under guard of a citadel-like hill.

This account is the second of my walking trip through the Catskills and later will be continued.

## A Physical Culture Recipe

## POTATO CROQUETTES

2 cups mashed potatoes

Yolks of 2 eggs

1 tablespoon chopped parsley

1 teaspoon chopped onion.

Mix the other ingredients with the mashed potatoes and form into cylinders. Dip into beaten egg, then in bread-crumbs. Fry in hot fat at about 360 degrees Fahrenheit.

## VIGOROUS HEALTH

Your  
Questions  
Answered

By PAUL J. VEATCH



My father is a diabetic. He has had one leg amputated and during the cold weather burned the other one on a radiator. The blisters do not seem to heal and the doctors do not help. Can you suggest a remedy?

IRVING R.

The usual treatment by natural methods would be a fast for several days, with daily enema, followed by a somewhat more restricted diet than usual until healing results. Rest of the part is observed, but it is exposed to the air as much as possible and to the sun for five or ten minutes several times a day. If there is still pain, however, bandaging with a salve may be necessary until this is relieved.

I am troubled with indigestion, gas, constipation, and inflammation of the ovary. I am not to eat any raw fruit. I have a wonderful appetite, although losing weight. Please advise.

MRS. E. D.

I see no reason why you should not eat raw fruit. When the digestion is not normal it may sometimes induce gas, but omission of the fruit will not cure the condition. The usual treatment by natural methods would be a fast for several days, followed by several more on oranges, then the milk and fruit diet. Alternate hot and cold sitz baths, deep breathing, sun baths, general cool baths and plenty of sleep are also employed. Continence is observed. Exercise is avoided until pain is relieved, after which special attention is given to abdominal and back movements in a reclining position. Enemas are taken as needed.

I have a right lateral curvature of the spine. All the ribs are sore and feel soft, and am very weak. Have had the curvature about twelve years, but in the last six months I have developed the weakness and the softening of the bones. Am taking spinal adjustments. Please advise.

WILLIE REILLY.

It might be well to have a thorough examination to determine if Pott's disease is present. In this case, no spinal adjustments should be taken. The usual treatment would be rest, sun baths, the milk

diet and repeated short orange diets. If Pott's disease is not present, spinal manipulation and special exercise could be used. Proper posture and deep breathing are always important.

I have a very tender skin, so that shaving always draws blood, even without an actual cut. Is there any solution that will remedy this annoyance?

WM. MC.

No solution will remedy it, but certain ones may be of some assistance. The application of olive oil before shaving is often helpful. Avoid close shaving. For real results it will be necessary to build up the skin. The usual treatment would be air, sun, dry friction, and cold water baths, exercise, deep breathing and a diet with plenty of milk and raw fruits and vegetables. Cold salt water or lemon water is sometimes of additional assistance.

What causes rush of blood to the head? Is there anything I could do to stop it? I have written to several papers about this, but I guess they will answer when I am six feet under ground.

H. M. CONWAY.

This might be due to a number of different conditions and a personal examination would be required for exact diagnosis. However, your habits of living are no doubt responsible, and if these are corrected you should have no more trouble. Especially avoid overeating or the use of tobacco, alcohol, or drugs of any kind. Some fasting may be required.

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